

# Meal Plan - 1700 calorie low carb vegan meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1663 cals ● 123g protein (30%) ● 70g fat (38%) ● 103g carbs (25%) ● 32g fiber (8%)

### Breakfast

300 cals, 29g protein, 5g net carbs, 17g fat



**Walnuts**

1/6 cup(s)- 131 cals



**Double chocolate almond milk protein shake**

167 cals

### Snacks

165 cals, 5g protein, 4g net carbs, 14g fat



**Mixed nuts**

1/6 cup(s)- 163 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

### Lunch

485 cals, 27g protein, 34g net carbs, 20g fat



**Veggie burger patty**

2 patty- 254 cals



**Roasted brussels sprouts**

232 cals

### Dinner

500 cals, 13g protein, 60g net carbs, 20g fat



**Belizean rice & beans**

362 cals



**Simple mixed greens salad**

136 cals

## Day 2

1668 cals ● 132g protein (32%) ● 76g fat (41%) ● 76g carbs (18%) ● 37g fiber (9%)

### Breakfast

300 cals, 29g protein, 5g net carbs, 17g fat



**Walnuts**  
1/6 cup(s)- 131 cals



**Double chocolate almond milk protein shake**  
167 cals

### Snacks

165 cals, 5g protein, 4g net carbs, 14g fat



**Mixed nuts**  
1/6 cup(s)- 163 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Lunch

485 cals, 27g protein, 34g net carbs, 20g fat



**Veggie burger patty**  
2 patty- 254 cals



**Roasted brussels sprouts**  
232 cals

### Dinner

505 cals, 22g protein, 33g net carbs, 26g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Chickpea & kale soup**  
273 cals

## Day 3

1658 cals ● 140g protein (34%) ● 60g fat (33%) ● 95g carbs (23%) ● 45g fiber (11%)

### Breakfast

300 cals, 29g protein, 5g net carbs, 17g fat



**Walnuts**  
1/6 cup(s)- 131 cals



**Double chocolate almond milk protein shake**  
167 cals

### Snacks

165 cals, 5g protein, 4g net carbs, 14g fat



**Mixed nuts**  
1/6 cup(s)- 163 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Lunch

495 cals, 31g protein, 40g net carbs, 15g fat



**Bbq tempeh lettuce wrap**  
4 lettuce wrap(s)- 329 cals



**Carrots and hummus**  
164 cals

### Dinner

485 cals, 25g protein, 45g net carbs, 14g fat



**Zoodles marinara**  
338 cals



**Soy milk**  
1 3/4 cup(s)- 148 cals

## Day 4

1653 cals ● 125g protein (30%) ● 60g fat (32%) ● 108g carbs (26%) ● 46g fiber (11%)

### Breakfast

225 cals, 14g protein, 13g net carbs, 12g fat



[Vegan breakfast sausage links](#)  
1 links- 38 cals



[Indian tofu scramble](#)  
189 cals

### Snacks

230 cals, 6g protein, 8g net carbs, 18g fat



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals



[Super simple green smoothie](#)  
115 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

### Lunch

495 cals, 31g protein, 40g net carbs, 15g fat



[Bbq tempeh lettuce wrap](#)  
4 lettuce wrap(s)- 329 cals



[Carrots and hummus](#)  
164 cals

### Dinner

485 cals, 25g protein, 45g net carbs, 14g fat



[Zoodles marinara](#)  
338 cals



[Soy milk](#)  
1 3/4 cup(s)- 148 cals

## Day 5

1676 cals ● 117g protein (28%) ● 77g fat (41%) ● 99g carbs (24%) ● 30g fiber (7%)

### Breakfast

225 cals, 14g protein, 13g net carbs, 12g fat



[Vegan breakfast sausage links](#)  
1 links- 38 cals



[Indian tofu scramble](#)  
189 cals

### Snacks

230 cals, 6g protein, 8g net carbs, 18g fat



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals



[Super simple green smoothie](#)  
115 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

### Lunch

495 cals, 24g protein, 37g net carbs, 22g fat



[Vegan chili con 'carne'](#)  
291 cals



[Simple mixed greens salad](#)  
203 cals

### Dinner

510 cals, 25g protein, 39g net carbs, 24g fat



[Tofu lo-mein](#)  
508 cals

## Day 6

1667 cals ● 128g protein (31%) ● 66g fat (36%) ● 103g carbs (25%) ● 37g fiber (9%)

### Breakfast

295 cals, 20g protein, 32g net carbs, 9g fat



**Protein shake (almond milk)**  
105 cals



**Medium toasted bagel with vegan cream cheese**  
1/2 bagel(s)- 192 cals

### Snacks

225 cals, 12g protein, 3g net carbs, 16g fat



**Sunflower seeds**  
180 cals



**Soy milk**  
1/2 cup(s)- 42 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Lunch

495 cals, 24g protein, 37g net carbs, 22g fat



**Vegan chili con 'carne'**  
291 cals



**Simple mixed greens salad**  
203 cals

### Dinner

435 cals, 24g protein, 29g net carbs, 17g fat



**Vegan sausage & veggie sheet pan**  
240 cals



**Simple salad with tomatoes and carrots**  
196 cals

## Day 7

1679 cals ● 137g protein (33%) ● 72g fat (39%) ● 91g carbs (22%) ● 29g fiber (7%)

### Breakfast

295 cals, 20g protein, 32g net carbs, 9g fat



**Protein shake (almond milk)**  
105 cals



**Medium toasted bagel with vegan cream cheese**  
1/2 bagel(s)- 192 cals

### Snacks

225 cals, 12g protein, 3g net carbs, 16g fat



**Sunflower seeds**  
180 cals



**Soy milk**  
1/2 cup(s)- 42 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

### Lunch

505 cals, 33g protein, 25g net carbs, 28g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Simple mixed greens salad**  
237 cals

### Dinner

435 cals, 24g protein, 29g net carbs, 17g fat



**Vegan sausage & veggie sheet pan**  
240 cals



**Simple salad with tomatoes and carrots**  
196 cals

# Grocery List



## Other

- ☐ veggie burger patty  
4 patty (284g)
- ☐ protein powder, chocolate  
3 scoop (1/3 cup ea) (93g)
- ☐ mixed greens  
17 1/4 cup (518g)
- ☐ coleslaw mix  
2 cup (180g)
- ☐ soy milk, unsweetened  
4 1/2 cup(s) (mL)
- ☐ vegan breakfast sausage links  
2 links (45g)
- ☐ italian seasoning  
4 dash (2g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ dairy-free cream cheese  
2 tbsp (30g)

## Spices and Herbs

- ☐ salt  
4 dash (3g)
- ☐ black pepper  
1/3 tsp, ground (1g)
- ☐ turmeric, ground  
1 tsp (3g)
- ☐ curry powder  
1 tsp (2g)
- ☐ ground cumin  
1/4 tbsp (2g)
- ☐ chili powder  
1/3 tsp (1g)

## Vegetables and Vegetable Products

- ☐ brussels sprouts  
1 lbs (454g)
- ☐ garlic  
2 3/4 clove(s) (8g)
- ☐ onion  
1/2 medium (2-1/2" dia) (50g)
- ☐ red bell pepper  
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
- ☐ kale leaves  
1 cup, chopped (40g)
- ☐ romaine lettuce  
1 2/3 head (1048g)
- ☐ bell pepper  
1 large (153g)

## Fats and Oils

- ☐ olive oil  
2 3/4 tbsp (41mL)
- ☐ salad dressing  
1 1/4 cup (304mL)
- ☐ oil  
1 1/4 oz (38mL)

## Nut and Seed Products

- ☐ mixed nuts  
1/2 cup (75g)
- ☐ walnuts  
1/2 cup, shelled (56g)
- ☐ coconut milk, canned  
1/2 cup (134mL)
- ☐ sunflower kernels  
2 oz (57g)

## Beverages

- ☐ protein powder  
15 scoop (1/3 cup ea) (465g)
- ☐ water  
17 3/4 cup(s) (4207mL)
- ☐ almond milk, unsweetened  
2 1/2 cup (600mL)

## Sweets

- ☐ cocoa powder  
1 tbsp (5g)

## Legumes and Legume Products

- ☐ kidney beans  
5/8 can (261g)
- ☐ roasted peanuts  
1/2 cup (73g)
- ☐ chickpeas, canned  
1/2 can(s) (224g)
- ☐ tempeh  
1/2 lbs (227g)
- ☐ hummus  
1/2 cup (120g)
- ☐ firm tofu  
1/2 lbs (198g)
- ☐ lentils, raw  
2 3/4 tbsp (32g)
- ☐ vegetarian burger crumbles  
1/3 package (12 oz) (113g)

- ☐ **baby carrots**  
32 medium (320g)
- ☐ **zucchini**  
6 medium (1176g)
- ☐ **fresh spinach**  
1/6 10oz package (43g)
- ☐ **tomatoes**  
2 1/2 medium whole (2-3/5" dia) (303g)
- ☐ **potatoes**  
6 1/4 oz (177g)
- ☐ **shallots**  
1/4 shallot (28g)
- ☐ **canned stewed tomatoes**  
1/3 can (~14.5 oz) (135g)
- ☐ **frozen mixed veggies**  
6 oz (170g)
- ☐ **carrots**  
2 medium (122g)
- ☐ **broccoli**  
1 cup chopped (91g)

- ☐ **extra firm tofu**  
6 oz (170g)
- ☐ **soy sauce**  
1 tsp (6mL)

## Cereal Grains and Pasta

- ☐ **long-grain white rice**  
4 tbsp (46g)

## Soups, Sauces, and Gravies

- ☐ **vegetable broth**  
2 1/3 cup(s) (mL)
- ☐ **barbecue sauce**  
4 tbsp (68g)
- ☐ **pasta sauce**  
3 cup (780g)
- ☐ **oriental flavored ramen**  
3/8 package with flavor packet (32g)

## Fruits and Fruit Juices

- ☐ **pineapple, frozen**  
1/2 cup, chunks (83g)

## Baked Products

- ☐ **bagel**  
1 medium bagel (3-1/2" to 4" dia) (105g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

#### walnuts

3 tbsp, shelled (19g)

For all 3 meals:

#### walnuts

1/2 cup, shelled (56g)

1. The recipe has no instructions.

## Double chocolate almond milk protein shake

167 cal ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

#### water

1 cup(s) (237mL)

#### almond milk, unsweetened

1/2 cup (120mL)

#### cocoa powder

1 tsp (2g)

#### protein powder, chocolate

1 scoop (1/3 cup ea) (31g)

For all 3 meals:

#### water

3 cup(s) (711mL)

#### almond milk, unsweetened

1 1/2 cup (360mL)

#### cocoa powder

1 tbsp (5g)

#### protein powder, chocolate

3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.



## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Vegan breakfast sausage links

1 links - 38 cal ● 5g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

**vegan breakfast sausage links**  
1 links (23g)

For all 2 meals:

**vegan breakfast sausage links**  
2 links (45g)

1. Cook links according to package instructions. Serve.

### Indian tofu scramble

189 cal ● 10g protein ● 10g fat ● 12g carbs ● 3g fiber



For single meal:

**tomatoes**  
1 oz, cherry tomatoes (28g)  
**fresh spinach**  
1/2 oz (14g)  
**firm tofu, drained & patted dry**  
1/4 lbs (99g)  
**turmeric, ground**  
4 dash (2g)  
**curry powder**  
4 dash (1g)  
**ground cumin**  
2 dash (1g)  
**oil**  
1 tsp (6mL)  
**potatoes, cut into wedges**  
1 1/2 oz (43g)  
**shallots, minced**  
1/8 shallot (14g)

For all 2 meals:

**tomatoes**  
2 oz, cherry tomatoes (57g)  
**fresh spinach**  
1 oz (28g)  
**firm tofu, drained & patted dry**  
1/2 lbs (198g)  
**turmeric, ground**  
1 tsp (3g)  
**curry powder**  
1 tsp (2g)  
**ground cumin**  
4 dash (1g)  
**oil**  
3/4 tbsp (11mL)  
**potatoes, cut into wedges**  
3 oz (85g)  
**shallots, minced**  
1/4 shallot (28g)

1. Preheat oven to 425°F (220°C). Add potatoes to a baking sheet and toss with half of the oil and some salt and pepper. Roast until tender, about 20-25 minutes.
2. Meanwhile, heat remaining half of the oil in a skillet over medium heat. Add spices, tomatoes, shallot, and some salt and pepper. Stir and cook for 1-2 minutes until fragrant.
3. Crumble tofu into the skillet and stir. Cook until tomatoes are nearly bursting and tofu is warmed through, about 5 minutes. Stir in spinach and cook until wilted, 1-2 minutes.
4. Add roast potatoes to the scrambled tofu and serve.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**almond milk, unsweetened**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

### Medium toasted bagel with vegan cream cheese

1/2 bagel(s) - 192 cals ● 6g protein ● 5g fat ● 29g carbs ● 1g fiber



For single meal:

**bagel**  
1/2 medium bagel (3-1/2" to 4" dia)  
(53g)  
**dairy-free cream cheese**  
1 tbsp (15g)

For all 2 meals:

**bagel**  
1 medium bagel (3-1/2" to 4" dia)  
(105g)  
**dairy-free cream cheese**  
2 tbsp (30g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

### Roasted brussels sprouts

232 cal ● 7g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

**salt**  
2 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**brussels sprouts**  
1/2 lbs (227g)  
**olive oil**  
3 tsp (15mL)

For all 2 meals:

**salt**  
4 dash (3g)  
**black pepper**  
1/3 tsp, ground (1g)  
**brussels sprouts**  
16 oz (454g)  
**olive oil**  
2 tbsp (30mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Bbq tempeh lettuce wrap

4 lettuce wrap(s) - 329 cal ● 26g protein ● 9g fat ● 26g carbs ● 11g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**coleslaw mix**  
1 cup (90g)  
**barbecue sauce**  
2 tbsp (34g)  
**romaine lettuce**  
4 leaf inner (24g)  
**tempeh, cubed**  
4 oz (113g)  
**bell pepper, deseeded and sliced**  
1/2 small (37g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**coleslaw mix**  
2 cup (180g)  
**barbecue sauce**  
4 tbsp (68g)  
**romaine lettuce**  
8 leaf inner (48g)  
**tempeh, cubed**  
1/2 lbs (227g)  
**bell pepper, deseeded and sliced**  
1 small (74g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

### Carrots and hummus

164 cal ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

For all 2 meals:

**hummus**  
1/2 cup (120g)  
**baby carrots**  
32 medium (320g)

1. Serve carrots with hummus.

## Lunch 3 [↗](#)

Eat on day 5 and day 6

### Vegan chili con 'carne'

291 cals ● 20g protein ● 8g fat ● 25g carbs ● 10g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**lentils, raw**  
4 tsp (16g)  
**vegetarian burger crumbles**  
1/6 package (12 oz) (57g)  
**ground cumin**  
1 1/3 dash (0g)  
**chili powder**  
1 1/3 dash (0g)  
**vegetable broth**  
1/6 cup(s) (mL)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**canned stewed tomatoes**  
1/6 can (~14.5 oz) (68g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**kidney beans, drained and rinsed**  
1/6 can (75g)  
**bell pepper, chopped**  
1/3 medium (40g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**lentils, raw**  
2 2/3 tbsp (32g)  
**vegetarian burger crumbles**  
1/3 package (12 oz) (113g)  
**ground cumin**  
1/3 tsp (1g)  
**chili powder**  
1/3 tsp (1g)  
**vegetable broth**  
1/3 cup(s) (mL)  
**onion, chopped**  
1/3 medium (2-1/2" dia) (37g)  
**canned stewed tomatoes**  
1/3 can (~14.5 oz) (135g)  
**garlic, minced**  
1 clove(s) (3g)  
**kidney beans, drained and rinsed**  
1/3 can (149g)  
**bell pepper, chopped**  
2/3 medium (79g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

### Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**salad dressing**  
1/2 cup (135mL)

1. Mix greens and dressing in a small bowl. Serve.

## Lunch 4 [↗](#)

Eat on day 7

### Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

#### vegan sausage

1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

### Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



#### mixed greens

5 1/4 cup (158g)

#### salad dressing

1/3 cup (79mL)

1. Mix greens and dressing in a small bowl. Serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

### Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

#### mixed nuts

3 tbsp (25g)

For all 3 meals:

#### mixed nuts

1/2 cup (75g)

1. The recipe has no instructions.



## Snacks 2 [🔗](#)

Eat on day 4 and day 5

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### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. The recipe has no instructions.
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### Super simple green smoothie

115 cals ● 1g protein ● 9g fat ● 6g carbs ● 1g fiber



For single meal:

**fresh spinach**  
1/4 cup(s) (8g)  
**coconut milk, canned**  
3 tbsp (45mL)  
**pineapple, frozen**  
4 tbsp, chunks (41g)

For all 2 meals:

**fresh spinach**  
1/2 cup(s) (15g)  
**coconut milk, canned**  
6 tbsp (90mL)  
**pineapple, frozen**  
1/2 cup, chunks (83g)

1. Blend coconut milk and spinach in a blender until completely smooth.
  2. Add frozen pineapple chunks and blend again, until smooth.
  3. Serve.
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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



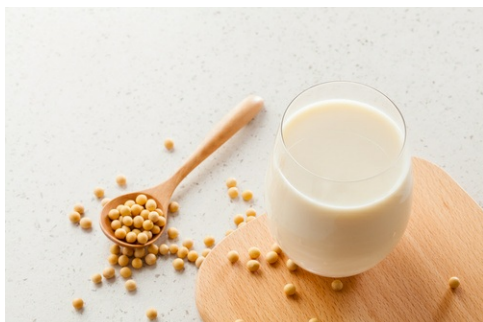
For single meal:  
**sunflower kernels**  
1 oz (28g)

For all 2 meals:  
**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.
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### Soy milk

1/2 cup(s) - 42 cals ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:  
**soy milk, unsweetened**  
1/2 cup(s) (mL)

For all 2 meals:  
**soy milk, unsweetened**  
1 cup(s) (mL)

1. The recipe has no instructions.
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## Dinner 1 [↗](#)

Eat on day 1

### Belizean rice & beans

362 cals ● 10g protein ● 10g fat ● 51g carbs ● 6g fiber



**coconut milk, canned**  
3 tbsp (45mL)  
**kidney beans, drained**  
1/4 can (112g)  
**water**  
1/6 cup(s) (44mL)  
**long-grain white rice**  
4 tbsp (46g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**red bell pepper, chopped**  
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

## Dinner 2 [↗](#)

Eat on day 2

### Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber

Makes 1/4 cup(s)

**roasted peanuts**  
4 tbsp (37g)



1. The recipe has no instructions.

### Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



**vegetable broth**  
2 cup(s) (mL)  
**oil**  
1/2 tsp (3mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, drained**  
1/2 can(s) (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Zoodles marinara

338 cals ● 13g protein ● 6g fat ● 42g carbs ● 15g fiber



For single meal:

**pasta sauce**  
1 1/2 cup (390g)  
**zucchini**  
3 medium (588g)

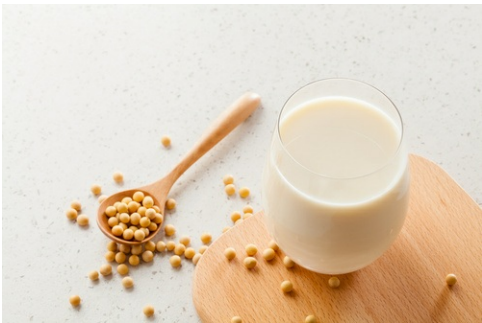
For all 2 meals:

**pasta sauce**  
3 cup (780g)  
**zucchini**  
6 medium (1176g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

### Soy milk

1 3/4 cup(s) - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

**soy milk, unsweetened**  
1 3/4 cup(s) (mL)

For all 2 meals:

**soy milk, unsweetened**  
3 1/2 cup(s) (mL)

1. The recipe has no instructions.

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## Dinner 4 [↗](#)

Eat on day 5

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### Tofu lo-mein

508 cals ● 25g protein ● 24g fat ● 39g carbs ● 9g fiber



**extra firm tofu**

6 oz (170g)

**soy sauce**

1 tsp (6mL)

**water**

1/2 cup(s) (133mL)

**olive oil**

3/4 tbsp (11mL)

**frozen mixed veggies**

6 oz (170g)

**oriental flavored ramen**

3/8 package with flavor packet (32g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
  2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
  3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.
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## Dinner 5 [🔗](#)

Eat on day 6 and day 7

### Vegan sausage & veggie sheet pan

240 cals ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**italian seasoning**  
2 dash (1g)  
**carrots, sliced**  
1/2 medium (31g)  
**broccoli, chopped**  
1/2 cup chopped (46g)  
**vegan sausage, cut into bite sized pieces**  
1/2 sausage (50g)  
**potatoes, cut into wedges**  
1/2 small (1-3/4" to 2-1/4" dia.) (46g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)  
**carrots, sliced**  
1 medium (61g)  
**broccoli, chopped**  
1 cup chopped (91g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

### Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**carrots, sliced**  
1 medium (61g)  
**romaine lettuce, roughly chopped**  
2 hearts (1000g)  
**tomatoes, diced**  
2 medium whole (2-3/5" dia) (246g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

# Protein Supplement(s)

Eat every day

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## Protein shake

2 scoop - 218 cal● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**

2 scoop (1/3 cup ea) (62g)

**water**

2 cup(s) (474mL)

For all 7 meals:

**protein powder**

14 scoop (1/3 cup ea) (434g)

**water**

14 cup(s) (3318mL)

1. The recipe has no instructions.
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